

Health Homes Herald

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Helping people live healthier lives by integrating and coordinating services and supports to treat the “whole-person” across the lifespan.

Health Homes: Helping Members Get Back on their Feet

Our Health Homes success story this month comes to us from the Health Homes Team at Valeo in Topeka.

Michelle, who is a Targeted Care Manager at Valeo writes:

I have had great success with a 36 year old female who is the mother of two daughters, ages 11 and 13. This member has been diagnosed with PTSD, panic disorder with agoraphobia, and major depression and was not handling these diagnoses well when I first met her.

When we first met, the member had been off her medications for about 10 months. She didn't have reliable transportation, or the funds to pay for public transportation and she was depressed and fearful about leaving her home.

In addition, she was sleeping 12 to 16 hours a day and had barely enough energy to take care of her two daughters. During our first conversation, she told me “there are some days I just can't even get out of bed. If it wasn't for my daughters, I don't know if I would still be here.”

I was able to help her schedule an intake appointment at Valeo Behavioral Health Care so she could make a medication appointment. I also provided her with transportation and individual support to her to her first appointment.

From there, this member just kept moving forward. She started looking for a job, and within a week, she had an interview and got the job! To help her get to and from work, I assisted by getting her a

discounted monthly bus pass.

This member is now working full-time, saving to move into a better neighborhood, and has her mental health symptoms under control.

Great job Michelle! This is another fantastic example of what can be accomplished by taking those first steps to help our members take better care of their conditions. Keep up the good work!

If you have a success story that you'd like us to feature in the Health Homes Herald, please contact:

Samantha Ferencik

Email:

sferencik@kdheks.gov

Phone: 785- 296-8001

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Questions?

Email:

healthhomes@kdheks.gov

Phone:

1-785-296-3981



Consumers' Frequently Asked Questions

I see that the State is doing surveys of HHPs. How can I let the State know what I think?

Right now, we do not have plans for a Member Survey. But if you have questions or would like to let us know what you think about Health Homes and how it is going for you, please feel free to contact us.

We have heard plenty of great success stories and would be happy to share your story or help you work through any problems with the program that you might have.

If you have questions or just want to talk about Health Homes please contact Samantha Ferencik:

Phone : 785-296-8001

Email: sferencik@kdheks.gov

Thanks to Our Health Home Partners!

The State Health Homes team would like to give a big thank you to all of the Health Home Partners who completed the HHP Foster Care Survey online!

This survey has proved very useful to us and we have already been able to gain important insights due to your responses. We will be sharing your feedback regarding how the Health Homes program is working with both the Department for Children and Families as well as our MCO partners in an effort to resolve some of the more pervasive issues that you identified on the survey.

We know that you are all very busy and we truly appreciate you taking the time to complete the survey!

Remember, if you did not receive the survey, you should check with Samantha Ferencik to ensure that your HHP has the appropriate contact information on file. We want every HHP to participate in the future surveys!

If you need to make changes to your contact information, or if you have any questions about the survey you may contact Samantha Ferencik at:

Phone : 785-296-8001

Email: sferencik@kdheks.gov



Update from Wichita State University Center for Community Support & Research

The WSU Center for Community Support & Research provides learning opportunities for staff within contracted Health Home providers. Here is what's happening:

On May 6, 2015 the WSU Center for Community Support and Research hosted 84 participants, representing 54 different Health Home partners for the quarterly Learning Collaborative meeting at the Rolling Hills Zoo in Salina. Those who attended practiced strategies for developing Quality Improvement Plans with Sonja Armbruster (WSU CCSR) and heard about the fantastic partnerships being developed between Health Home Partners and Stormont-Vail Hospital in Topeka. Many thanks to Family Service & Guidance Center; Mirror, Inc.; Valeo Behavioral HealthCare; and Stormont-Vail for sharing your experiences with the group!

Later this summer, watch for your invitations to participate in the Community of Practice webcast in July and the first ever Kansas Health Homes Conference (details coming soon)!

For more information or to add your name to an invitation list, please contact Vanessa Lohf at vanessa.lohf@wichita.edu.

Health Homes Tips and Tricks

For the first publication of the Health Homes Tips and Tricks section, the Health Homes team will kick things off with their own version of the Health Homes Trick of the Month. We hope that in future months, our Health Home Partners will participate by sending in their strategies for success. Whether it is a new education program or a technique for better engaging your fellow community providers we want to share your good ideas with others!

We know that many of our Health Home members are just now beginning to consider seeing their doctors and dentists after sometimes very long periods of time without care. Though this is fantastic news, we also recognize that finding providers who will accept our members is sometimes very difficult. Fortunately, the Health Homes team has collected a list of dental resources which can be found here: http://www.kancare.ks.gov/health_home/providers_additional_resources.htm

For example, if you have a member who needs dentures or complex dental care, you might check out the Dental Lifeline services. The Safety Net Dental Clinics might be of use for more generic concerns and you can always contact Heather Robinson if you need help with connecting to Dental or Primary Care Services: 785-233-8483

If you have ideas, tips, tricks or strategies that you'd like to share, please contact Samantha Ferencik at: Phone : 785-296-8001 Email: sferencik@kdheks.gov



Summer Swimming Safety

June is here and with it warmer weather. Swimming and other water-related activities are excellent ways to get the physical activity and health benefits needed for a healthy life while enjoying the sun and warm weather.

Swimming is the fourth most popular sports activity in the United States and a good way to get regular aerobic physical activity.

Just two and a half hours per week of aerobic physical activity, such as swimming, bicycling, or running can decrease the risk of chronic illnesses. People report enjoying water-based exercise more than exercising on land. They can usually exercise longer in water than on land without increased effort or joint or muscle pain.

What's more, water-based exercise has been shown to improve mental health, and swimming can improve mood in both men and women according to the CDC (Centers

for Disease Control and Prevention).

For people with fibromyalgia, it can decrease anxiety and exercise therapy in warm water can decrease depression and improve mood. Water-based exercise can improve the health of mothers and their unborn children and has a positive effect on the mothers' mental health. Parents of children with developmental disabilities find that recreational activities, such as swimming, improve family connections.

But despite the benefits of water-based exercise and recreation, it is important to remember the basics of summer water safety.

Americans swim hundreds of millions of times in pools, oceans, lakes, rivers, and hot tubs/spas each year and most people have a safe and healthy time enjoying the water. However, it is important to be aware of ways to prevent recreational water illnesses

(RWIs), sunburn, and drowning that can occur.

The CDC's Healthy Swimming Program and website, launched in 2001, provides information for the public, public health and medical professionals, and aquatics staff so everyone can maximize the health benefits of swimming while minimizing the risk of illness and injury.

Simple steps such as remembering to reapply sunscreen often and being sure to stay hydrated in the summer sun are quick and easy ways to ensure that you and your family are able to safely enjoy the fun and health benefits that swimming has to offer.

To learn more about swimming safety and what you can do to protect yourself, visit:

<http://www.cdc.gov/healthywater/swimming/>

Questions?

If you have questions, or would like more information about Health Homes in Kansas, please contact us. Our page on the KanCare website also contains information about the Health Homes project and documents are being updated regularly.

Phone: 785- 296-3981

Email: healthhomes@kdheks.gov

Website:

http://www.kancare.ks.gov/health_home.htm

